



REPLY TO
ATTENTION OF

DEPARTMENT OF THE ARMY
HEADQUARTERS, UNITED STATES ARMY TRAINING AND DOCTRINE COMMAND
102 MCNAIR DRIVE
FORT MONROE, VIRGINIA 23651-1047

ATBO-M

2 Nov 09


MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Cold Weather Injury (CWI) Prevention 2009-2010

1. Cold weather injuries pose a significant threat to Soldiers and to successful mission accomplishment throughout TRADOC's training environment. TRADOC commanders, supervisors, and leaders at all levels are responsible for cold weather injury (CWI) prevention.
2. Leaders must ensure Soldiers are adequately trained to protect themselves from CWI by using appropriate clothing, equipment, and techniques. Inexperienced personnel must receive proper training on the use of cold weather equipment (e.g., proper fit of cold weather boots and avoiding overheating that results in excessive sweating). The buddy system is an effective means of enhancing unit prevention.
3. Preventing cold injuries in all TRADOC Centers of Excellence requires command vigilance in ensuring leaders and Soldiers are trained to standard in cold injury prevention. The enclosed CWI information sheet provides additional guidance on the CWI Prevention Program.
4. Commanders will ensure standard measures are employed to supervise uniform wear, modify training activities, and provide warming areas to manage risks during cold weather conditions.
5. Most CWIs are preventable, provided the proper prevention measures are taken, leading to continued quality training and mission accomplishment. Leaders need to aggressively train and implement the components of the CWI Prevention Program to keep our Soldiers healthy and safe.
6. Point of contact is COL O'Brien, Command Surgeon, DSN 680-2097, (757) 788-2097, karen.obrien@us.army.mil.

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*CRM...
Fight the Weather!*


DAVID P. VALCOURT
Lieutenant General, U.S. Army
Deputy Commanding General/
Chief of Staff

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S: 16 NOV 09
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Cold Weather Injury (CWI) Prevention 2009-2010 Information

1. References:

- a. TRADOC Regulation 350-29, Prevention of Heat and Cold Casualties, 16 Jul 03.
- b. TRADOC Regulation 350-6, Enlisted Initial Entry Training Policies and Administration, para H-11, 1 Jul 09.
- c. Technical Bulletin 508, Prevention and Management of Cold Weather Injuries, Apr 05.
- d. TRADOC Publication, ATCS-S, 1 Oct 09, subject: TRADOC Safety Roadmap, pg 3, Cold Weather Injuries.
- e. TRADOC Cold Weather Injury prevention training:
 - (1) <http://www.tradoc.army.mil/surgeon/Pdf/Cold%20Risk%20Manual.pdf>.
 - (2) <http://www.tradoc.army.mil/surgeon/Pdf/Cold%20Weather%20Injury%20Prevention%20Training.pdf>.
- f. U.S. Army Center for Health Promotion and Preventive Medicine (USACHPPM), Cold Weather Injury Prevention Web site, <http://chppm-www.apgea.army.mil/coldinjury>, Heaters information:
 - (1) <http://chppm-www.apgea.army.mil/documents/fact/heaters-JusttheFacts05finalw-links.pdf>.
 - (2) <http://chppm-www.apgea.army.mil/documents/FACT/65-040-0503.pdf>.
 - (3) <http://chppm-www.apgea.army.mil/documents/FACT/65-045-0503.pdf>.

2. All leader training should be completed no later than **16 November 2009**. Each Center of Excellence and TRADOC initial military training (IMT) school will report the completion of CWI prevention training to their Installation Safety Office NLT **23 November 2009**.

3. Cold weather injury prevention training should include: assessing the outcome of cold hazard risks for every training event; implementing practical controls that mitigate risk; assessing the outcome of implemented control measures; ensuring Soldiers and cadre know the signs and symptoms of the most common types of cold injuries; and

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ensuring cadre know when and how to evacuate a cold weather injury Soldier to medical care. See reference 1e for a TRADOC CWI presentation that may be used for training.

4. Cold weather related injuries include: (1) injury due to decreased temperature, (hypothermia, frostbite, nonfreezing cold injury), (2) injury due to heaters, (3) carbon monoxide poisoning, and (4) accidents due to impaired physical and mental function resulting from cold stress.

5. Leaders must ensure Soldiers receive adequate food, water, rest, and training on wearing the appropriate cold weather clothing and keeping it dry and avoiding the use of alcohol and tobacco to prevent CWIs. Soldiers need to use the buddy system to monitor performance and health and report any signs or symptoms of CWIs to the unit medic/medical officer. Soldiers should not sleep in vehicles that are running due to risk of carbon monoxide poisoning.

6. Commanders should only allow the use of U.S. Army approved vented heaters due to hazards from fire and carbon monoxide poisoning. In 2003, the Army approved a family of space heaters for heating tents safely and efficiently. Replacing the World War II vintage M-1941 potbelly and M-1950 Yukon heaters, these approved heaters use the latest advances in combustion, power generation, and microprocessor technology. A U.S. Army Center for Health Promotion and Preventive Medicine (CHPPM) fact sheet provides guidance on use of heaters inside tents and other enclosures (see reference 1f).

7. Cold weather injury prevention is a command responsibility. Commanders and leaders should ensure training is conducted for leaders and enforce standard measures to modify training/physical activity and uniform wear to manage risk based upon weather conditions.

8. Points of contact are Mr. Forest, TRADOC Surgeon's Office, DSN 680-2228, (757) 788-2228, gerald.a.forest@us.army.mil and COL O'Brien, Command Surgeon, DSN 680-2097, (757) 788-2097, karen.obrien@us.army.mil.